DON'T SKIMP ON SLEEP. YOUR LIFE DEPENDS ON IT.



19 HOURS AWAKE = BLOOD ALCOHOL CONTENT OF .05%

Dawson, D., and K. Reid, "Fatigue, Alcohol and Performance Impairme Nature 388 (July 17, 1997): 235

WWW.VALORFORBLUE.ORG

This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department-of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.